Name _____

Saint Teresa of Avila

Sister Teresa had a dream. She dreamed of a place dedicated to God (called a monastery) that was small, and poor, and prayerful. Finally, with God's help, she founded her own monastery. It was called the Carmel of Saint Joseph. This was the beginning of the Order of Discalced Carmelites. (The word discalced means "without shoes," because these new Carmelites gave up wearing shoes and wore sandals instead, as poor people did.) From this monastery came hundreds of other monasteries that still exist, all over the world! Now Teresa is known as Saint Teresa of Avila!

Saint Teresa was a lively and fun-loving person. She taught her sisters about God, and helped them to love and care for one another. On special feast days, she played the tambourine for them so that they could sing and dance!

Trace the prayer written on this tambourine. Next to each little bell, write the name of someone you want to pray for. Ask Saint Teresa to help you be close to God and to love others.

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